

# **The Truth Serum Report**

**Discover The Real Reason You Aren't  
Getting Everything You Want Out of Life**



Hello.

Your computer probably has a very serious virus. And most anti-virus programs can't detect it for you.

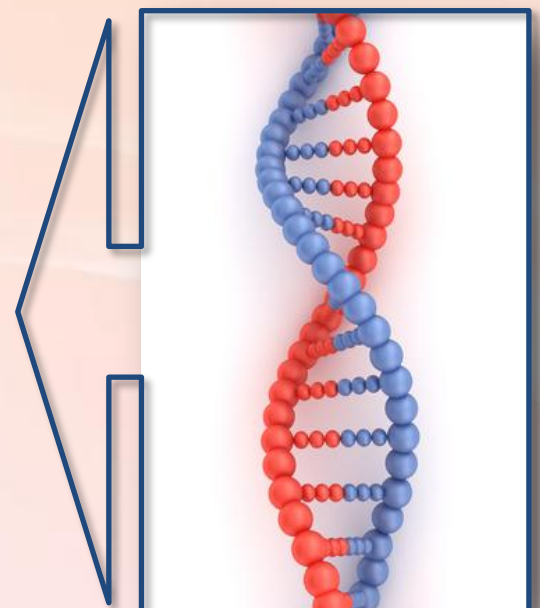
It's not a new virus either.

In fact, this virus was implanted in your computer the day it was manufactured...

And it doesn't matter if you have a Mac or a PC.  
Because the computer I'm talking about is your mind.

Believe it or not, you currently have a virus embedded in your subconscious.

We're all born with it. It's programmed into our DNA.  
I'll explain exactly what I mean in a moment.



But first, just know that this virus is hijacking your thoughts.

It's running your life without you even knowing it's there.

And sometimes, it can leave you feeling like you've lost control of your own mind.

In this report, I'm going to show you exactly how this virus is sabotaging your chances for happiness, financial success, and fulfilling relationships.

I'm going to show you how it eats away your self-confidence...

Prevents you from taking action on your goals...

And leaves you paralyzed with stress, anxiety, and fear.

And I'm going to share with you three simple strategies you can use (*starting today*) to free yourself from this hidden force of destruction...

And take back control over your life.

**So what is this virus... And how did I discover it?**





My name is Chris Cade.

Some of my students think of me as “Life's Software Tester”. That's because I approach personal development in a very unusual way. See, back in 2008, I was a software tester.

It was my job to track and analyze all kinds of data to make sure computer programs worked like they were supposed to.

And this obsession with testing carries over into every aspect of my life...

Even testing different strategies for personal transformation.

I'm not kidding.

I love numbers. Statistics. Metrics.

In fact, ever since I discovered this “virus” hiding in the heads of 99% of the population and hacked my own mind to see how I could overcome it...

I've also taught hundreds of students how to deactivate this virus in their subconscious.



And because I love to know EXACTLY and SPECIFICALLY how effective my “mind hacking” strategies are...

I tested, measured and calculated the results of my “anti-virus software for your life” on my students...

Both before and after using my techniques, I asked my students to rate themselves in a variety of areas...

Things like having clear priorities... Overcoming their fears... Letting go of frustrations... And more.

Then I tabulated the results and analyzed the improvements people made because of my process.

### **For example...**

I know for a fact that my students have seen a 40.7% increase in their ability to release frustrations.

Imagine if some crazy driver cut you off in traffic... And if you were able to just “let the anger go” with my Anti-Virus System...

My students have had a 44.2% increase in the feeling of abundance in their lives.

Several of them have written to me sharing how they have gotten better jobs or started new businesses! It starts with an abundant mindset. 😊





*Here's something else...*

My students have experienced a 45.3% jump in the quality of their relationships.

Some of them have found their “special someone”. Others have reignited the passion in their marriages. Still others have forgiven their parents. And even reconnected with their children.

*From actual testimonials (see below).*

But this one is the **best** of all I think...

They saw a 50.0% improvement in feeling that they had clear priorities to direct their lives.

Can you imagine what it would be like to wake up each morning knowing which actions to take?

AND feeling complete confidence and peace that you're on the right path?



All this... by shutting down that nasty virus that is floating around in your subconscious.

And the best part?

ANYONE can stop this virus from sabotaging their life.

You don't need to learn C++, BASIC, or some other complex computer code. All you need to be able to do is follow the 3 simple steps I'm going to teach you in this report.

Now, here's what's interesting about this anti-virus system...

**It's like a complete 180 degree shift in your life.**



Basically, if you have ANY doubts, self-limiting beliefs, barriers, negative self-talk or resentments that STOP you in life...

You can be almost certain that it's related to this virus.



And by shutting the virus down, you can finally live the beautiful, abundant, and joy-filled life you deserve to live.

Now before we get too far, you should know that some of what I'm going to share with you **I have NEVER shared publicly before.**

Almost everything I've learned comes from my own story and experience. It's *really* personal.

And I've decided to go ahead and share anyway.

That's because being completely authentic is the best way I know how to show you that what I've learned comes from the hard knocks of "real" life.

To make sure you're able to take full advantage of this 3 step system...

Silence your cell phone. Close the other tabs on your browser. And shut out any other distractions that may prevent you from being fully present with what I'm about to share.

As I said, this is going to get personal. So here's a little bit about who I am...

First and foremost, I'm a student of life. I also play the roles of teacher, entrepreneur, and father to name a few.





And for several years, I have had the honor of leading a community of nearly half a million spiritual adventurers like you.

Now that may sound impressive. But the truth is, for many years I was living a double life.

On the outside, success seemed to come easy for me. When I set out to accomplish something...

Be it getting top grades at school Earning two second degree black belts and a National Championship title in martial arts Or easily getting promoted at my job...

I always found a way to get ahead.

But on the inside, and personally, a virus was eating away everything. **I constantly felt like I didn't "measure up"**. I was terrified of being a failure. And my intimate relationships were disasters...

All my life, I felt "needy." I just HAD to be in a relationship with someone. It didn't matter who. I'd date anyone who showed the least bit of interest.

Being with anyone felt better than being alone. It was better than feeling like a failure.



No matter how much I succeeded in the outer world, I never had the confidence to pick a partner who was right for me.

Unfortunately, that's not even the saddest part about it...

As soon as I got into a relationship, I was afraid of being open with that partner. I held back.

I was scared that if I opened myself up, my partner would see I wasn't good enough. I was scared that they'd see the fraud beneath the mask of success.

And I was deathly afraid that they'd get rid of me as quick as you can press the delete key on your computer.

They wouldn't want me when I was there crying. So I'd try to keep secret my real feelings.

I'd hide my pain where no one could see it... Where it couldn't cause any further damage.

But my actions betrayed me.

*It would start with small glitches...*

Dismissing my partner's emotions.

Not acknowledging their value.



Not being present with them.

Not listening.

Not engaging.

*Then it would get worse...*

Because I felt so inadequate and insecure... I cheated on most of my partners and destroyed their trust in me. I'd erode my relationships.

There was so little trust that one person I dated even created a fake person online to see if I'd be tempted to cheat again. *(I discovered what she was doing when a friend tipped me off, and I checked the IP addresses).*



In every relationship, it wasn't long before everything spiraled downward into in one big crash.

Betrayal infected everything.



The virus made sure that if someone wasn't betraying me... I was betraying them.

In fact... Well, there's really no easy way to say this... What happened is one of the most shameful moments of my life... something I haven't been willing to share publicly until now.

And though the voice in my head is screaming at me to remain silent... I'm going to share what happened anyway.

Because that time was the catalyst for finding the life of freedom and peace that I have now. And I'm here to show you that even in the darkest times, There is a light at the end of the tunnel...

See, my self-esteem sunk so low... That the week before I was to be married...

I was intimate with another woman.

I didn't even understand why at the time.

It was just something I "did."

And it wasn't until years later that I connected it with my endless cycle of betrayal - with my deep feelings of inadequacy.

**Until now, I've never shared this publicly before.** Only a few of the people closest to me knew my shame. And now you do, too.



Well as you can imagine, our marriage just kept spiraling downwards...

And it felt impossible for me to regain her trust.

The growing gap between us was especially visible when it came to spirituality.



She was exploring all kinds of spiritual growth “stuff.” And I kept dismissing it as a waste of time...

Just like I did with just about every other thing she cared about.

In my view, there was nothing LOGICAL or PRACTICAL to spirituality.

Why should I care about it?

What good use was it to me?

Anyway, one day, after shrugging her off once again...

I pushed her over the limit.





She got so fed up with me and our relationship...

That she threatened me with an ultimatum...

**“Get a spiritual path or get a divorce lawyer!”**

Now, that might seem like a “weird” ultimatum to you. I sure thought it was.

In hindsight though, she knew the truth that I couldn’t see...

If I didn’t shape up, the relationship didn’t stand a chance anyway.

And because I was so desperate not to appear a failure...

Because the virus fueled my feelings of insecurity and codependence...

Because I had such a huge fear of rejection...

I couldn’t even contemplate the idea of getting a divorce. I wasn’t willing to admit my life was a mess...



That every relationship I’d ever been in was the blue screen of death over and over again.

So I reluctantly went to find a spiritual path.



But I had to do it my way...

As a software tester, my day job at that time was to figure out if programs worked the way they were supposed to.

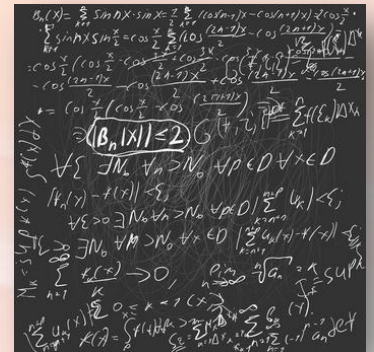
I would push computer code to the limit to find out what didn't work.

It's kind of like giving students an exam in school to see what they know.

You put them under intense pressure (*like a time limit*), throw challenging problems at them, and grade how they do.

In the same way, I'd put software under pressure (*maybe running the program on a really slow dinosaur of a computer*).

I'd throw challenging problems at them  
(*lots of long and convoluted calculations*).



And I'd grade them, measuring each result to find what worked and what didn't.

I apply the same approach to all of my life...



I read books.

I go to workshops.

I buy courses.

And then I ruthlessly test their advice.

For example, if someone claimed a certain kind of audio technology (*like brainwave entrainment*) worked best, I'd listen to it and see if it made a difference.

But not only would I use it when life was quote *normal*...

I'd use it when life was at its worst – those times when I couldn't sleep or eat because of relentless depression, anxiety, pain and fear.

I'd ask, "Did listening to this audio help?

Did it change my attitude and feelings?

Did it bring me any more peace than I had before listening to it?"

I wasn't interested in "nice sounding ideas."

I only cared about what would get a passing grade from the School of Hard Knocks.

It had to work both in good times and *bad times*.



I also started systematically questioning my experience of life.

I looked into my past life and past relationships and asked:

*What was true in those situations?*

*Why did I act the way I did?*

**And through all my searching, I made a startling discovery...**

I realized that at the very core of our brain's programming... there is a virus that I call the "Inner Critic."

And this virus is not only controlling most of our actions...

It's also the one thing that stops us from getting everything we want out of life.

The Inner Critic is the voice of judgment in your head that beats you down whenever you "don't measure up" to other people or yourself.

It's the voice that tells you:

"You're not good enough."

"You don't deserve good things in your life."

"It'll never work out."

You've probably heard this voice before.



We all have it. It's a leftover survival mechanism from when you were younger.

See, the Inner Critic developed in response to the fear of getting rejected.

And as a child who depended on others for food and shelter, not being accepted was a matter of survival.

But as you get older, this mechanism becomes outdated and ineffective.

The voice that used to keep you “safe” Starts getting in your way, holding you back, and sabotaging your efforts to change.

It starts acting like a virus.

And whether you want to call it self-doubt, the voice of fear, or “The Saboteur” Its effect on your life remains the same...



It overloads you with anxiety, doubt, and fear.

So you're paralyzed and unable to take action on your dreams.

It blocks you from letting go of the hurts others have caused you. And it prevents you from forgiving those people.





It keeps you trapped in an endless loop of the same old patterns, the same old limiting beliefs, and the same old ways of living.

It hijacks your decisions. Sometimes, it might even make you think you don't have control over your own mind.

This virus affects *everything*.

Now, after I uncovered this virus and how devastating it was in my own life, I wanted to know what other people knew about it.

Through my research I found a lot of scientists, doctors and psychologists have studied it as well.

Though they didn't call it a "virus," they were talking about the same thing.

For example, [a study done at Ohio State University](#) found that people who had this virus had a lot of "low self-esteem, chronic anxiety, higher levels of depression, and a tendency to procrastinate."

That's INSANE I thought... This virus causes procrastination as well.

*Here's another study...*



At the University of Pennsylvania, researchers linked the virus of self-criticism with increased risk of disease, poor health, and early mortality.

Take that in for a moment. A long moment...

This virus, the Inner Critic, can actually physically kill you over time.

Then there was Jennifer Grzegoek, a PhD at Iowa State University... She showed how this virus acts regardless of external circumstances.

You can have the same level of success as someone else... And still feel like a bigger failure!

Now that. That struck home. As I shared with you earlier... I'd been living a double-life of sorts.

And what Dr. Grzegoek said hit me square in the face. I was "successful." But she was right...

I felt like a fraud and a failure.



And I just ended up sabotaging my life in many ways... like betraying my partners and ruining my marriage.

OK... this is all pretty depressing.

## **But what happens when you successfully “deactivate” this Inner Critic?**

Well, research has lots to say about that too.

It shows that you decrease anxiety and depression.



You improve your health and extend your life.



You make better progress  
on your goals.

And you become more  
willing to learn from  
mistakes.



*Instead of beating yourself up with them!*

Yes, you are even able to BENEFIT from mistakes!

This all resonated with the outcomes I'd seen in my students like Christina who wrote...

“For the first time in years, I am completely without depression and anxiety.”

Or another student who wrote... “I started taking better care of myself. I have lost weight, I exercise regularly, and I drink lots of water.”

The benefits of dealing with the Inner Critic are huge!



In fact, researchers have even tried to find downsides to deactivating this virus. And for all their searching...

They haven't found ANYTHING!

Deactivating the Inner Critic makes you happier, healthier, and more successful... without any downsides.

It's purely positive!

For all this incredible research out there, hardly anyone's giving concrete, effective strategies for dealing with the Inner Critic at a deep level.

Sure, *everyone* goes on about things like “doubt” or “fear”.

But most people only recommend short-term fixes.

Or they may suggest a way of getting around a block in only one specific area of your life. (*without addressing the deeper issue*)

For example, some people recommend shouting back at your Inner Critic and telling it to shut up.

That may work in the short term, but the Inner Critic is embedded deep in your mind's programming.





It knows how to hit you back even harder.

And it can pick the worst possible moment to retaliate...

Leaving you worse off than if you'd done nothing.

### **Without addressing the root of the problem...**

The Inner Critic...

The problems of fear, doubt and self-criticism remain.

And will continue popping up throughout your relationships, work, and day-to-day life.

Now don't get me wrong, I love personal development books and courses.

They've given me all kinds of wisdom, ideas, and strategies for me to test in the real world and benefit from.

They've helped me create some powerful changes in my life.

But here's what I've found...

Unless you permanently deal with the Inner Critic, you can't hold on to whatever changes you make.

That's because the virus's control over you depends on maintaining the status quo. *(even if things aren't all that great)*



It will push back hard against any changes and take you back to where you started (*or worse than where you started*).

Even if you do manage some success, the constant voice of self-doubt and self-criticism will undermine your happiness.

It will prevent you from finding peace and contentment, no matter the external circumstances. (*remember what Dr. Grzegoek found*)

In my case, I had a wife, a six figure job, an active social life, and a condo in Silicon Valley. I had everything people say is supposed to make you happy.

But I wasn't.

That brings up the big question...

How do you actually silence the Inner Critic and take back control over your life?

Well, through my searching and testing I discovered that it involves three core strategies:

- 1) Detect.**
- 2) Detain.**
- 3) Deactivate.**





The first strategy is to create a sort of virus scanner for your brain to detect the Inner Critic.

In fact, 90% of dealing with the Inner Critic is generating this awareness.

That's because the Inner Critic is embedded deep in your mind. Like any virus, it doesn't want you to know it's there.

It doesn't want you to stop it from controlling your life.

And without understanding how the Inner Critic acts specifically in your life...

Any effort to fight back is like deleting random files in your computer and hoping you get lucky enough to remove the virus along with everything else.

But also, the Inner Critic isn't a static virus. It's more clever and devious than that.

As you make progress in your life, it adapts itself to be more effective.



In fact, most people who have been on a spiritual path for years still miss some of the sneakier ways it can negatively influence their lives.

For example, if you were in the early stages of building a meditation practice your Inner Critic may be loud and pound you with things like:

- “You can’t do it.”
- “You’re a failure at this.”
- “You’ll never be able to stop thinking.”

But as your practice grows, the Inner Critic becomes more subtle. It will say:

- “You’re really good at meditating, you should do it more.”
- “You’re supposed to meditate every day and today you didn’t. You need to improve if you want to be a good meditator.”

The Inner Critic still dictates what you do. It just gets more sneaky and sophisticated.

**Step 1 to silencing your Inner Critic is to start cultivating this awareness in your life.**



Examine your past and ask yourself...

*“When was I experiencing self-criticism?”*

You’ll notice a host of ways the Inner Critic has hijacked, and continues to hijack, your life.

OK, now that you’re able to detect when the Inner Critic is operating...

What do you do with that knowledge?

**The second step is to detain the virus.**

You need to disarm its ability to dictate your life.



One of the ways the Inner Critic is able to control you is by twisting the truth.

As a virus, it corrupts your perception and creates unnecessary high levels of fear, anxiety, and stress in your life.

It’s like what programmers call a denial of service attack.





That's where a virus overloads your system with a massive bombardment of data.

The sheer force of it can cause you to grind to a halt.

Plus, by keeping you constantly on the defensive, the Inner Critic prevents you from fighting back effectively.

To counter the Inner Critic, you need to interrogate it – to question what it's telling you.

So as you go back through your life and notice moments of self-criticism, also ask yourself this simple question:

“Is the voice of judgment saying something that is true?”

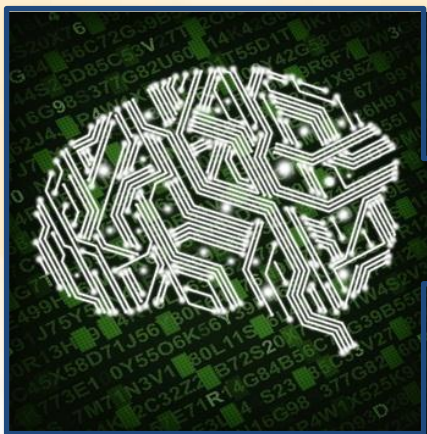
By exposing the lies that the Inner Critic is trying to manipulate you with, you can short circuit its ability to overwhelm you with fear and anxiety.

Then you can consciously choose whether you wish to go along with it or not.

Finally, with the Inner Critic no longer able to stop you from making empowering changes in your life...

You can choose and create different beliefs and patterns of living.





**The third strategy is to  
reprogram your mind and  
deactivate the effects of the  
Inner Critic.**

In the many years it has been running your life, the Inner Critic has built up layers of hurt, guilt, and shame.

It's created belief systems and habits that hold you back... that limit you.

Maybe it's the belief that you don't deserve success. Or that you're not smart enough.

**These limiting beliefs are untrue, and each needs replacing.**

This means training yourself to act with strength and courage.

It means learning to forgive all the people in your life (*including yourself*) who may have hurt you or let you down.

It's about replacing anxiety and worry with peace and calm.

And it requires you to start taking meaningful action on your dreams.



These changes can take time. But you don't have to wait to get started.

Pick just one small step you can take today and do it.



With each positive change, you become the programmer of your own life. You become in charge of what you do.

You write new beliefs and habits that allow you to live the way you want to live.

Now, figuring out these strategies and finding the best way to shut down the Inner Critic took me a lot of testing and experimentation.

Not everything I tried worked. Sometimes the progress was slow.

*But it was worth it!*

As I began to put these strategies into action in my life...

As I began to deactivate the Inner Critic...

Everything began to change for the better.



In my relationships, I'm now willing to show up - to be vulnerable. And if my partner isn't OK with that, no problem. I'm no longer dependent on their approval for my self-worth and happiness.

I even had the courage to part ways with my former wife and accept the truth that our relationship wasn't the right fit for either of us. I'm also better at making friends!

That includes professionally too...

With people like Jim Kwik, the founder of Superhero You. Bob Doyle from The Secret. And Janet Attwood, co-author of the New York Times Bestseller The Passion Test.

My business is going well. I do "work" I absolutely love! Work that makes a positive difference in the lives of others.



And I still have time to be a single father to my *amazing son*.



Through it all is an overwhelming sense of peace and joy in my life.  
I love my life. I love myself.

**And my wish is for you to experience the same, or even greater, happiness and peace in your life that I've had.**

My wish is for you to experience empowering results like April, one of my students, who told me:

“Facing the truth is hard sometimes, but I have finally been able to face some of the difficult ones and am moving forward with great speed. I’m becoming aware of how much joy life has to offer.”

Or like Larissa...

“Now I’m able to keep myself from becoming self critical about my love life and my body by telling myself to ‘back off’ when fear comes up. I’m much less frozen!”

Yet I know from my own journey just how challenging and difficult facing the Inner Critic can be. It can be tough without someone who’s been there to show the way.





That's why I've taken everything I learned about the Inner Critic...

All my reading, all the helpful advice I've received...

All the results of my experiments...

And I've distilled it down to the essential and most efficient and effective methods for deactivating the Inner Critic.

I've created a simple, step by step process that you can follow to break free from the vice grip of this devastating virus.

I've created a simple, step by step process that you can follow to break free from the vice grip of this devastating virus.

That way, instead of taking years like it did for me...

With this process, you'll gain the core tools and strategies for fighting the Inner Critic in just six short weeks.

### **It's called Liberate Your Life.**

Liberate your Life is a six module email coaching program. You'll get one module per week delivered straight to your email inbox.



90% of the course is awareness...Helping you root out the ways your Inner Critic controls your life.



To effectively deactivate the Inner Critic, you need to be able to see what it's doing and launch precise counter-attacks against it. Without this awareness, you're just guessing.

*(and probably missing)*

To help you create that awareness and get to the core of your specific Inner Critic, *Liberate Your Life* contains laser-focused exercises.

As a software tester, I believe that real change has to come through personal experience. It has to be applied in your life uniquely. So I'm here to walk you through this part of your own journey.

Then, once you've built that awareness, I teach you specific tactics you can use to fight back.

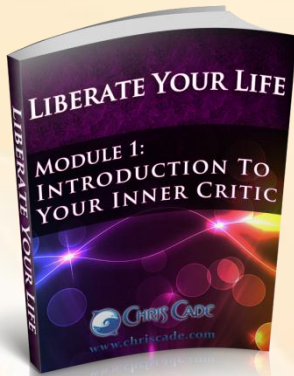
I've tested these tactics over and over again. And in the most challenging circumstances I could think of, they work for me. And they work for those I've taught them to.

Finally, *Liberate Your Life* will help you create new patterns and beliefs to replace the lies of the Inner Critic.

You'll learn to develop qualities of strength, courage, peace, forgiveness, and self-confidence so you can truly live a life you love.



*Here's a brief overview of what each module covers...*



## **Module One:**

### **Introduction To Your Inner Critic**

Why does the Inner Critic exist?

Where does it come from?

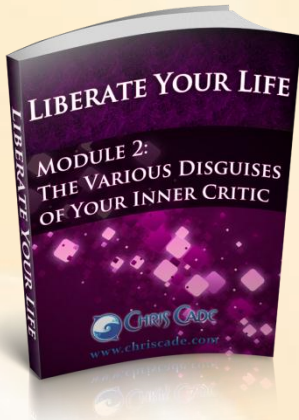
How does it operate?

In Module 1, we'll uncover the origins of this hidden force. Examine how it prevents you from seeing your "true self." And lay the groundwork for you to be truly free.

*Here's just a taste of what you'll learn...*

- The reason why "clearing limiting beliefs" isn't enough... And the "story resolving" strategy I discovered that frees you.
- How your 10 year old self is responsible for 90% of your decisions...
- And how to "update" your mind to remove limits on your potential.





## Module Two:

### The Various Disguises of Your Inner Critic

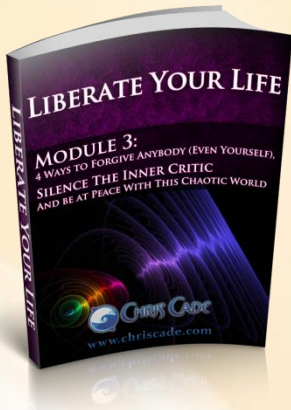
In Module 2, we'll take a look at how the Inner Critic is acting in *your life*. And we'll begin to tame it so you can quickly see results.

In fact, just by doing the exercises in this module, many people report experiencing profound differences in their levels of peace, joy, and compassion.

Have you ever been told you were “smart”, “pretty”, or “good” at something? You might have enjoyed a boost of self-esteem at the time... And it's actually a devastating trap that limits your happiness.

- I'll teach you how to use the “Revealing Your Characters” exercise to break free of these “prisons” that other people put you in.
- I'll also show you what the thermostat in your house has to do with the reason people self sabotage their efforts to be happy, wealthy, or fulfilled...
- And teach you how to remove this “upper limit” on success.





## Module Three:

### **4 Ways to Forgive Anybody (Even Yourself) Silence The Inner Critic, And be at Peace With This Chaotic World**

In Module 3, we'll go deep into forgiveness:

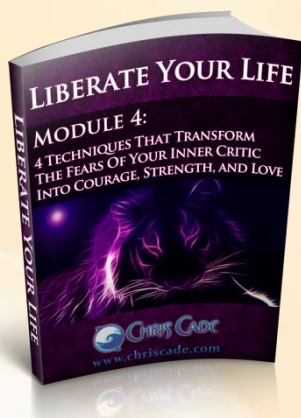
- You'll learn how you can release the guilt and shame of the past.
- You'll learn how to forgive anyone (*including yourself*) for the hurts they caused you.
- And the insight that enabled Nelson Mandela to forgive the jailors that stole 27 years of his life, ruined his marriage, and abused him physically and mentally.

I'll also show you two quick "subconscious discovery" exercises that allow you to forgive yourself...

Even for things "you would rather die before admitting to anyone."







## Module Four:

### 4 Techniques That Transform The Fears Of Your Inner Critic Into Courage, Strength, and Love

Fear and anxiety are two of the most destructive weapons the Inner Critic uses to control you.

In Module 4, you'll learn how to **fight back**... And how to use those attacks to make yourself stronger and more courageous.

For example, how you can use anxiety to accelerate positive changes in your life.

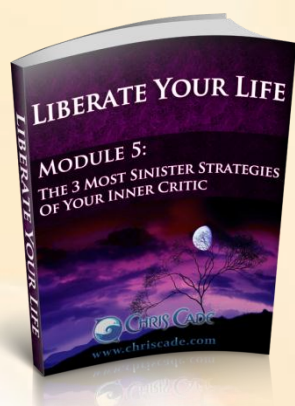
Most people try hiding from anxiety (*which actually makes them feel worse in the end*) And with this one exercise, you'll learn how to use anxiety as an opportunity and springboard for growth.

I'll teach you to overcome paralyzing fears with the "Follow Your Fear to Freedom" technique.

You can use this in any situation to eliminate barriers to action...

Even if you're completely frozen and overwhelmed.





## Module Five:

### The 3 Most Sinister Strategies of Your Inner Critic

The Inner Critic is sneaky, subtle, and doesn't want to be found out. And before you can properly fight back, you need to know when it's talking.

In Module 5 we'll expose the hidden ways it dictates your life so you can catch it in the act.

You'll learn why Victor Serebriakoff (*the President of Mensa*) spent 15 years believing he was "dumb"!

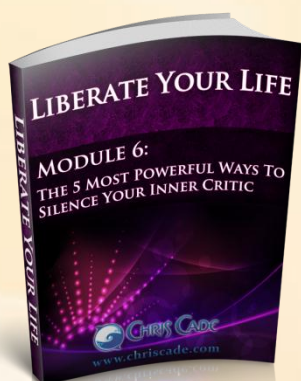
And, the one thing that helped him finally see his true ability.

*(You can use this "mindset shifter" to destroy many limiting beliefs quickly.)*

I'll also show you the 3 most common counterattacks that 99% of people use ineffectively against the voice of judgment. *(That only make the problem worse.)*

You'll learn what they are... And the three strategies you can use "in the moment" to avoid making the mistakes that trip up so many others.





## Module Six:

### The 5 Most Powerful Ways To Silence Your Inner Critic

Once you've learned how to catch the Inner Critic, you're ready to silence it and break free from its destructive grip.

In Module 6, you'll learn how to do that using the 5 most powerful ways to silence your Inner Critic.

Including the strategy John Nash used in the film "A Beautiful Mind" to stop listening to the voices in his head. And achieve the brilliance he was capable of. *(And how you can use that same strategy.)*

Now here's a tough question for you...

Have you ever tried to avoid the pain of judging yourself?

Do you still try to avoid it?

Unfortunately, this approach always fails. *(and only makes the problem worse)*

Fortunately, there are five tactics I've proven with students and myself that most effectively silence self-doubt. And in this module, you'll learn all of them.



Finally, to support and encourage you on your journey...

Liberate Your Life also includes weekly motivational videos, the Liberate Your Day Checklist to keep you focused, and personal email support.

That way if you get stuck or have any questions about the modules, you're able to get the answers you need to continue your journey.

As you can see, Liberate Your Life is the only program out there that offers you everything you need to "deactivate" this virus in your life.

Now at this point, lots of people will pile on endless bonuses to get you to buy their product.

I'm not going to do that to you for two reasons...

First, it's imperative that you focus on the main Liberate Your Life program.

I know that if you go through the modules and complete the exercises, you will experience significant and meaningful transformation... In your finances, relationships, and throughout your entire life...

Just like my previous students have.

I refuse to distract you with extra junk you don't need.



And second, sometimes the Inner Critic uses the existence of bonuses to make you feel guilty for not buying.

The Inner Critic will say...

“Look at all of this stuff...You’re dumb if you don’t take advantage of it.”

I don’t want to give your Inner Critic more ammunition to tear you down. This is about freeing you from the prisons it puts you in.

In short, there are no bonuses. Liberate Your Life is an all inclusive “antivirus program”.

Now, you could, if you wanted to, try to figure out how to deal with the Inner Critic on your own.

You could:

- Spend hundreds (or even thousands) of dollars on books and personal development programs.
- Spend thousands of dollars... (and a whole lot of time) Going to workshops or retreats.
- Find a coach or a therapist. (another costly approach)

Not to mention the fact that so few people...(including the gurus and experts) Are even aware of how insidious the Inner Critic is. (Or how to effectively silence it.)





So it's hit or miss whether you'd find an approach that worked.

You can get Liberate Your Life for much less than that.

Unfortunately, because the Inner Critic likes to create lots of fear toward change...

Some people might worry about taking the next step.

That's why I'm including my **"Until the Day You Die Guarantee"** to help ease those fears.

I know this program can truly free you from the negative thoughts and habits that hold you back from living the happy and abundant life you deserve...

Just like my previous students have experienced.

And as a software tester, I know the only way to really find out if something works is to try it out.

My wish is for you to experience greater peace, joy, and meaning *in your own life* - without any risk.



That's why I'm offering you an "until the day you die guarantee".

Try the program out. Go through all the modules. Do the exercises. See the results for yourself.

If three weeks, three months, or even thirty years from now, you decide Liberate Your Life isn't for you... (*for ANY reason whatsoever*)

Just send me a note and I'll refund your money within two business days.

**No questions asked. No hassles.**

Is there a *catch*?

Yes and no.

There's no catch for the no questions asked, "Until the Day You Die Guarantee".

So here *is* the catch...

If you complete all the exercise in the program, show me documentation of your full efforts, and still don't get satisfactory results...

I'll give you **DOUBLE** your money back.



Yes, **DOUBLE** your money back.

Like I said, I believe in this program. The tools I teach in it have completely transformed my life.

I've seen it work for hundreds of people. *(just like you)* And I'm confident that when you go through the course...

It will work for you too.

All you have to do to find out for yourself is [order Liberate Your Life today](#) - at no risk to you.

Why today?

Well, lots of people might give you some kind of limited time discount.

They might tell you to “buy now and get it for half price”...

Or say the program's only available for the next 7 days. *(even if that isn't true)*

Yet again, the Inner Critic often uses such claims as fuel to punish you and tell you you're “stupid” for not taking advantage of such “great deals”.

I'm not interested in giving your Inner Critic any further ammunition.



My wish is for you to be free from its attacks.

***So here's the real reason to get started today...***

If you're at all like I was, back before I learned to silence the Inner Critic, you might be hearing a little voice saying...

*"There's time later, you don't need to act now. You can always change later."*

See, the Inner Critic doesn't want you to change. It doesn't want you to step up and truly Liberate your Life.

It will give you any excuse possible to keep things the way they are.

And now that you know the existence of this hidden virus...

Now that you know it's possible to silence its sabotaging influence...

Will you let it keep calling the shots?

*Will you let it destroy your life?*

Paralyze you with fear?

Overwhelm you with depression and stress?



Constrict your financial prospects?

Strip away your peace and happiness?

*Will you let it ruin your relationships?*

Keep you from being close to the people that matter most to you?

Build emotional fences that leave you lonely and isolated?

Continue the downward cycle of betrayal?

Stop you from finding or thriving with “the love of your life?”

*And will you let it rob the world of your gifts?*

Bully you into believing “you’re not good enough...”

Or that you’re “too unworthy to make a difference?”

Lock up your amazing, beautiful dreams of doing something great and helping others?

Waste away the untapped potential you have to offer?

Now that all may sound pretty harsh. And the truth is, the Inner Critic is harsh. Extremely harsh.





It wants nothing more than to keep you trapped in its controlling vice-grip. And it will do whatever it takes to keep you there.

***So you have to make a choice...***

Will you go along with the Inner Critic?

Or, will you step out and make this one small, risk free investment in yourself? (of *ordering Liberate Your Life today*)

...and claim back control over the virus that's been running and destroying your life for all these years?

*Imagine for a moment...*

Being able to look honestly and fearlessly at your past without any judgment or regrets...

Imagine accepting and loving yourself exactly as you are...

Imagine having an unshakable confidence...

Being able to stand on your own...

To believe in yourself...

And to take meaningful action on your dreams...



Imagine sticking with projects to their completion (*no procrastination, no moving on the next “shiny object”*)

Imagine an intimate and fulfilling relationship with your “special someone”...

Imagine complete security in your finances...

Never feeling stuck because you don’t have the money to support yourself...

Or to pay for the things that make you happy.

Imagine smiling more!

Imagine waking up every day and feeling complete peace and ease...

**Will you step toward that possibility?**





This program is the single best way to master and apply everything you've read about up to this point.

And you won't find it anywhere else but here.

It comes in an easy-to-use, 6-module series of PDF lessons, mind exercises, the Liberate Your Day Checklist, and email support.



I can't wait to guide you through the program. And to spark fast, profound, lasting change in your happiness and abundance.

**Let's Get Started!**

[Click Here](#)  
**Start Silencing Your Inner Critic Today**

